



Health and Fitness

Task 1: The Common Cold

Activity 1: Listening

Welcome to a practice listening for the ISE 1, listening task 1.

You are going to hear a talk about **the common cold**. You will hear the talk twice. As you listen, write down some notes about what you hear, if you want to. I will ask you six questions on some facts about **the common cold**. Are you ready?

Audio Script

Have you ever gotten the common cold before? Everybody prefers to not get a cold, but it is something that happens to most people every year. You might know how colds are caught but it is good to be reminded. So, if you catch a cold, you catch it through the air and close personal contact with somebody else that has it. Some of this contact could be from shaking hands with somebody that has a cold or touching a surface like a table or doorknob. If somebody else who has a respiratory virus touches these same things, then you will probably get a cold when you touch your eyes, mouth or nose. It is hard not to catch a cold when there are so many people around us. Once you do get a cold, you can start to feel better by drinking a lot of fluid and resting. One thing that doctors were thinking you mustn't take are antibiotics because it will not help cure your cold and could even cause you more harm. There are things you have to do that can help you stay away from getting a cold. For example, it is a good idea to disinfect all surfaces and objects that you are constantly touching on a regular basis. Sometimes we are around people that have colds and are coughing and sneezing. You should move away from that person because of keeping a safe distance, and remind them to cover their mouth and nose when they are coughing and sneezing. Moreover, you need to keep in mind that you can reduce this risk in order to not get a cold by washing your hands, not touching your eyes, nose and mouth with unwashed hands, as well as staying away from people that are sick. So, are you going to keep in mind the steps that you can take so you don't catch the next cold that is circulating?

Now I will ask you some questions. You only need to answer in a few words.

Now let's look at the questions again, but with the possible answers.

This is the end of the listening task.

Questions & Answers:

1	through the air and close personal contact	How can a cold spread?
2	Drink (lots of) fluids and rest	What should you do to help you feel better?
3	Antibiotics	What won't help you, if you have a cold?
4	Disinfect (frequently)	What should you do to surfaces and objects?
5	Move away (from other people) / (remind them to) cover their mouth and nose	When somebody coughs or sneezes, what should you do? (Say at least one.)
6	wash your hands / don't touch your eyes, nose and mouth with unwashed hands / stay away from people that are sick	How can you reduce the risk of getting a cold? (Say at least one)

Marks: +_ / +6



Used grammar in the listening task.

Gese 5

- Present Perfect Simple (for / since / ever / never / just)
- because
- because of
- will for future possible uses (will probably / likely / surely)
- Adverbs of quantity: a lot / much / many
- Expressions of preferences: prefer to / would rather

Gese 6

- zero conditional
- first conditional
- Present Continuous for Future use
- Past Continuous
- Must
- Might
- Need to
- Have to
- Infinitive of Purpose: in order to / so as to